

# Los Gatos Swim and Racquet Club

## SUMMER SWIM TEAM 2017

Our program is a recreational, yet competitive swim team. The Los Gatos Stingrays are one of five teams who compete in the Valley Aquatic League.

The League's purpose is:

- to encourage healthy attitudes toward competition
- to promote the sport of swimming
- to improve personal swimming skills
- to provide as much competitive challenge in a summer program as possible
- to have fun!

**MISSION:** To create opportunities for young athletes to enjoy the sport of swimming. To bring all Members together in one effort and purpose to achieve a consistent environment and stable program so that each athlete can reach his or her potential. To attain this goal we believe that the team is greater than its individuals. We believe that every member, no matter how humble, is an important part of the team. We believe that within this process, the athletes will learn lifelong skills that will enable them to have successful and productive lives.

**SIGN-UPS:** All sign-ups are first come first served. Maximum swimmers allowed per swim meet is 135. This means any sign-ups after 135 will be considered alternates. Any swim meet that meets the maximum capacity, alternates will be waitlisted. It is rare a swim meet fills to capacity. By completing the registration form, in addition to receiving payment, ensures the swimmer a place on the Team. A two-week trial is allowed for all new swimmers and if that swimmer chooses to drop the Team, there will be a full refund. Please request a refund to the Coaches in writing or via e-mail.

**TEAM APPAREL:** Team suit order day is the ONLY day sample suits will be available for sizing. Order forms for team shirts and sweats are available at the front Desk. Deadline to order is Friday, May 5th. For picture day, team members must wear their team suits and their attendance is mandatory. One (1) swim cap is included in the Swim Team fee (cap is given out at first meet). Additional caps are \$5.00 and are available for purchase at the Club's Front Desk.

**PARENT VOLUNTEERS:** All Members must work together as a team unit. All parents are required to work every swim meet their swimmer(s) attend, including the championship swim meet. There are typically two sessions; morning and early afternoon. Parent jobs are listed in this packet. Please note that these are unpaid volunteer positions and sign-ups are e-mailed each week.

**TEAM CONTACT INFORMATION:** Each week Members will receive, by email, a swim team newsletter, swim meet sign-ups, and parent volunteer sign-ups. If you are not receiving e-mails, please e-mail the coaches at [swimteam@lgsr.com](mailto:swimteam@lgsr.com). Please direct all questions, concerns, and comments to this e-mail as well.

### Summer Swim Team 2017 Sign-Up Dates

All children must be **CURRENT CLUB MEMBERS** (on the membership at time of Sign-Up) in order to sign-up for swim team.

**FIRST PRIORITY SIGN-UPS:** Begins Saturday, March 4th.

All members of previous swim teams, including alternates, are eligible.

**SECOND PRIORITY SIGN-UPS:** Begins Saturday, March 11th at 8:00 am.

This is open to all Club members.

### Summer Swim Team 2017 Practice Times

#### Monday, April 24th - Sunday, June 4th

<u>Time</u>	<u>Age Group</u>
4:30 pm - 5:30 pm	10 and Under
5:30 pm - 7:00 pm	11 - 18 Years

#### Monday, June 5th - Sunday, July 30th

<u>Time</u>	<u>Age Group</u>
7:00 am - 8:20 am	13 Years and Up
8:20 am - 9:10 am	9 - 12 Years
9:10 am - 9:45 am	8 Years and Under Without Conflicts
Monday, Wednesday and Friday Evenings	
6:30 pm - 7:10 pm	9 - 12 Years
7:10 pm - 8:00 pm	13 years and Up

#### Fee Schedule for Summer Swim Team 2017

First Swimmer	\$280.00 (Includes T-Shirt & Swim Cap)
Second Swimmer	\$250.00 (Includes T-Shirt & Swim Cap)
Third Swimmer	\$225.00 (Includes T-Shirt & Swim Cap)

If there are more than three swimmers in one family, the fee is \$150 per additional participant. Accepted forms of payment include cash, check (made out to Los Gatos Swim and Racquet Club) or charge to account or credit card.

## Calendar

<u>Date</u>	<u>Time</u>	<u>Event</u>
Sunday, April 23	3:00 pm - 5:00 pm	Swimsuit and Team Sweats Fitting and Order Day
Sunday, April 23	5:00 pm - 6:00 pm	Mandatory Meeting for all Parents and Swimmers (Job Assignment List and Instruction Sheets available)
Monday, April 24	4:30 pm - 7:00 pm	First Day of Practice
Friday, May 5	All Day	Last Day to Order Swimsuits and Team Sweats
Saturday, May 6	See Below	Butterfly Stroke Clinic
Saturday, May 13	See Below	Backstroke Stroke Clinic
Saturday, May 20	See Below	Breastroke Stroke Clinic
Saturday, May 27	See Below	Freestyle Stroke Clinic
Saturday, June 3	See Below	Dives and Turns Stroke Clinic
Monday, June 5	7:00 am - 9:45 am	Morning Practice Schedule Begins (Afternoons End)
Saturday, June 10	7:00 am	Practice Meet at LGSRC - Ice Cream Social
Wednesday, June 14	8:00 am - 9:00 am	Team Pictures - Individual and Group Shots
Wednesday, June 14	10:00 am - 6:00 pm	Raging Waters
Saturday, June 17	7:00 am	Encore at LGSRC
Saturday, June 24	7:00 am	Los Ranchitos at LGSRC
Saturday, July 1		Holiday Bye Week for All League Teams
Saturday, July 8		Los Gatos at Morgan Hill
Saturday, July 15		Bye for LGSRC
Saturday, July 22	7:00 am	LGSRC at Westgate
Saturday, July 29	7:00 am	Championship Meet at Morgan Hill Aquatic Center (Important to Attend!)
Sunday, July 30	4:00 pm	Awards Ceremony and Slide Show

**Stroke Clinic Times: 7:00 am - 8:20 am ages 13 and up, 8:20 am - 9:10 am ages 9 - 12, 9:10 am - 9:45 am ages 8 and under.**

## Rules and Requirements

### Swimmers:

1. Must exhibit courteous behavior, good sportsmanship, and respect for property at all times.
2. May not sit or hang on lane lines at any time.
3. May not use the other facilities during swim meets.
4. Must follow Club rules as well as directions from the Coaches or any other LGSRC staff.
5. Must remain with the Team during practice. If a swimmer must leave early please let a Coach know.
6. Must enter the pool with a three-point entry. The only exception is when there is direct supervision from a Coach or Starter.
7. Must attend at LEAST 2 swim meets, not including the practice meet, in order to attend the championship meet.
8. Must stay until the END of all swim meets.

### Parents:

1. Must respect the Coaches' time. During practice focus on the swimmers. Discuss any questions or concerns before or after practice.
2. Must pick their swimmers up from practice on time. Coaches and the LGSRC Staff are not responsible for swimmers after practice.
3. Must report any misbehavior witnessed.
4. Must provide any information, requests, comments, questions, or concerns, which are desired to be addressed, in writing.
5. Must enter their child(ren) in swim meets via online entry. E-mails are sent Monday prior to meet. Entries are due Tuesday evening.
6. Must volunteer at all swim meets their child(ren) attend.
7. Must alert a Coach if they have entered a swim meet and can no longer attend PRIOR to the swim meet.
8. Must stay until the END of all swim meets.

### Parent Jobs:

1. **President In Training** - Meet as needed to plan events, determine rules, oversee all parent jobs and communication, etc.
2. **Volunteer Coordinator** - Help with assignment and tracking of parent volunteers. Coordinate name tags and assignments at meets.
3. **Snack Bar Manager** - Purchase supplies prior to each home meet, set up, price, and sell items during meets.
4. **Snack Bar Assistants** - Prepare and sell during meet and clean up after the meet.
5. **Lane Timer** - Operate manual stopwatch, write watch time on entry card, be sure name on card is that of swimmer in lane, cheer!
6. **Computer** - Run meet program, enter swimmers and times, provide meet results. Work with Ribbon Writers.
7. **Runner** - Takes cards from swimmers for 25 yd. races and brings to timers. Brings cards from timers after each heat to the ribbon writers.
8. **Ribbon Writers** - Prepare ribbons to put into folders, organize ribbons for other team, etc. QUESTION IF SOMETHING LOOKS WRONG.
9. **Announcer** - Announces races, encourages volunteers, and keeps the meet fun.
10. **Stroke and Turn Judge** - Attending click to learn rules, observe each race and ensure the rules are being followed.
11. **Starter** - Align swimmers on blocks, assure that all officials/systems are ready, announce, ensure a fair start, keep meet on time.